

(d) If the shuttle "in play is struck before it crosses to the striker's side of the net.

(e) If the shuttle is hit twice in succession by the same player or by his partner.

(f) If in play a player strikes the shuttle, or is struck by it, whether he is standing within or outside the boundaries of the court.

XII. GENERAL--

(a) The server may not serve until his opponent is ready, but the opponent shall be deemed to be ready if a return of the service is attempted.

(b) If, in service, the shuttle touches the net it is a "Let", provided the service be otherwise good, and shall be served over.

(c) If the server, in attempting to serve, misses the shuttle, it is not a fault, and shall continue his serve.

(d) The server and the player served to must stand within the limits of their respective service-courts, and some part of both feet of these players must remain in contact with the ground in a stationary position until the service is delivered.

Community Relations

Swimming pools

- 1) Supervision of trained operator.
- 2) H₂O meet bacterial requirements.
- 3) Sanitary conveniences near dressing + shower rooms.
- 4) Floors drained.
- 5) Sinks + toilets sanitary.

Operating Rules

- 1) Water clear when pool in use.
- 2) Filter + chlorination when pool in use + 1 hr. following to remove suspended matter.
- 3) H₂O heated artificially to above 72° F.
Room ventilated + air temp. 5° F. warmer than pool.

Swimming Rules

- 1) 20 persons per 1000 gal. added to pool.
3 " " 1000 gal.
- 2) No communicable diseases - reported + checked.
- 3) Shower + sock.
- 4) No body discharges.
- 5) Don't swallow water.

Hotels + Boarding Houses

- 1) Personal hygiene.
- 2) Sinks + napkins.
- 3) Finger bowls.
- 4) Drinking water.
- 5) Bedrooms + Bathrooms.
- 6) Bathtubs.
- 7) Sheets.

SWIMMING POOL HYGIENE

The Margaret Eaton School
Toronto

OUR RESPONSIBILITY

The Margaret Eaton School has taken the utmost pains to make the pool an ideal place in which to swim. The water flows steadily into and out of the tank the full twenty-four hours. This constant filtration and sterilization of the water is for your protection. Weekly tests of the water are made by the City Health Department. Sterilized suits and towels are supplied. The suits being gray, can deposit dyed dye in the water. To make for ideal conditions, however, YOUR co-operation is necessary.

YOUR RESPONSIBILITY

1. Go to the toilet before taking shower.
2. Take a hot soapy shower without bathing suit on.
3. Another fresh suit and soap shower are necessary before re-entering pool if swimmer has left for the purpose of going to the toilet.
4. Remove wire hairpins or bobby pins - these cause rust to form on the bottom of the pool and stop the drain.
5. Remove jewellery - it would be impossible to recover if drawn down drain.
6. Bathing caps are to be worn with all hair tucked under cap.
7. Shower shoes should be worn - removed while having shower but otherwise worn to the edge of the pool.
8. Expectorate in troughs around edge of pool.
9. Do not enter pool with adhesive or other plasters on any part of the body, with an open cut or sore, skin eruption, cold, or during menstrual period.
10. Blow the nose carefully with little force after swimming, otherwise there is danger of driving water into the sinus and inner ear cavities and possibly causing irritation.

PERSONAL HEALTH PRECAUTIONS

1. Persons with low blood pressure, those who are underweight; should gradually build up their endurance in the water. Fifteen to twenty minutes may even be too long at the start.
2. It is wise for persons susceptible to colds to seek some other means of recreation and exercise until such condition has been overcome.
3. If over-tired physically, stay in the water only a short time. This will relax and rest you; a longer period may do you harm. Dry feet carefully and powder between toes to avoid "athlete's foot".
4. Take a cool shower after leaving the tank.
5. Dry hair well before leaving building especially in the cold weather.
6. Wait an hour after meals before entering the pool.

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A PRACTICAL BIBLIOGRAPHY
OF RECREATIONAL ACTIVITIES

Compiled by

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University of Illinois

CURRICULUM LIBRARY
COLLEGE OF EDUCATION
203 UNIVERSITY HIGH SCHOOL
URBANA, ILLINOIS
1939

PREFACE

The books, pamphlets, and materials included in this bibliography represent a number of the better publications dealing with recreational activities. In many cases, the bibliographical references have been read and evaluated personally; where this was not possible, reliable book reviews and recommendations of competent persons have been helpful. Before the final compilation, each section was submitted to one or more specialists for deletions and additions. Throughout, an attempt was made to keep the list brief and practical.

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